

# MYNYDD DU

## Mountain Runners

### Hot News

Well done to Andrew Jones and Angela Jones (no relationship) for being selected to represent Wales in the Home Countries International Fell Champs at Knockdhu. A certain Junior would have had a mention but he still hasn't sent me his club application yet!

#### Data Protection Act

The above Act requires us to tell all members that their personal details will be maintained on a computer. This allows us to send you material. You have the right to request that your details be removed from the computer database and you should contact the Secretary if this is your wish.

### Don't Forget

Send articles to:  
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### Editors Bit – Ade Orringe

Welcome to the first edition – remember it'll be worth a fortune in 100 years! I hope it makes interesting reading but that's largely down to you, we all like reading it but that can only happen if you also write in it. I'd like to see a mixture of funnies, anecdotes of your exploits, personal profiles, training tips, serious stuff we sometimes have to know about, photo's, club events, results, the list goes on and on. There will also be permanent features, for example my editors' bit (sorry about that but I am writing it you know!).

My intention is to email it and post it on our website for those fortunate enough to know about such things and snail mail it those that don't. You'll see there will be graphics and photos, which are large bits to squeeze down the wire so some on email may not receive it. If you'd prefer a hard copy please let me know.

I can also rabbit on a bit but you'll have to put up with that and my style tends to be a bit tongue in cheek sometimes – I can say that can't I? Well so far no colour, which is all rather boring and talking of such things here's a mug shot for the mantelpiece. Yes I'm afraid it's me but don't worry I've some lovely photo's of other club members ...



Can anyone tell me the location and if that's too easy what year was it? By the way sorry about the vest!! Talking of vests please wear our club vest at events, we're new and it acts as an advert. We also support all events as long as they're insured & adequately organised.

Well I've made it onto the second page so if you're still with me I'll press on.

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### London Bound?

King's College London are advertising accommodation in one of their three residencies. The advertising blurb says they've been accepting guests for the last 10 years. This year they offer, for the first time, a specially discounted rate for individual bookings from members of UK Athletics Clubs.

Great Dover Street Apartments, London Bridge & Borough SE1 areas. Available 29.06.05 – 13.09.05 @ £23 room only.

Hampstead Campus, Hampstead NW3 area. Available same dates @ £25 single room or £41 twin room B & B.

Kings College Hall, Denmark Hill SE5 areas. Available same dates @ £20 single room B & B.

Contact the Stopover Team Tel. +44 (0)20 7848 1700 or email [stopover@kcl.ac.uk](mailto:stopover@kcl.ac.uk) or website [www.kcl.ac.uk/kcvb](http://www.kcl.ac.uk/kcvb) and quote booking reference

AAA 2005 to obtain the preferential rates.

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### Congratulations

Yes a big well done to Andrew Jones who has recently been selected to represent Wales for the half-marathon at Bath. OK it's on the road but no prejudices in this club! To prove his fell running credentials here he is winning Waun Fach:



Nice hairline Andy, hope you're going a little quicker at Bath!

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### Website

Those of you that have access to the web should have seen our website by now:

[www.mynydd-du.org](http://www.mynydd-du.org)

If not – why not? Get registered and join in the forums on the Message Board. So far I've had

very good reactions from fellow runners in Welsh and the English Border clubs so they're obviously reading our site with interest. It's also linked to from places like the FRA, AAW, Eryri.

Much respect to our webmaster Tom Morgan for all his work on setting it up and updating it regularly.

Remember, like this newsletter and Toms tum the website needs regular feeding.

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### Good News

I have it on good authority that the subscriptions for club membership will now run from April – March, the financial year. So ...

no subs due until  
1<sup>st</sup> April 2006 – what a  
bargain!

This will align club subscription renewal with AAW Registration renewal dates for those that are Registered. AAW Registration is an individual choice but you must be Registered to take part in Championships or try for Welsh selection. AAW also provide

additional protection in the form of a personal accident protection policy to cover members to/from events and whilst undertaking club training events.

### **AAW Registration**

Registration due from 1<sup>st</sup> April especially beneficial for those wanting to do champs., or seeking Welsh selection. You also benefit from Personal Accident Protection. I view Registration as a personal choice (blasphemy!). Register through me if you only intend to compete on the fells or you belong to an English club. If you belong to another Welsh club then you may register through that club but please let me know your registration number.

### **Club Update**

So far we have 16 paid up members across a broad age range, youngest 15 with 3 of us in our 50's. We also have a broad ability range with internationals, Welsh Champions and a solid base of contenders. Not bad for a brand new club

and I'm sure we'll grow once our club vests are seen and names appear in results. Tell your friends and spread the word.

**Club Kit** – I've got club vests available at £15 on a first come first served basis. Please buy your own shorts, black or black/white would look good.

**Finances** – I'm not going to say here how much lolly we've got but it's a healthy balance thanks largely to a grant from Monmouthshire Community Chest Council. Our Constitution requires us to support club race organisers so some money will be used for that and the remainder for development particularly for juniors.



**Committee** – the club is a one-man band at the moment. This can't continue and now that the club has grown it's time to form a committee. Low key and informal but I need 2 or 3 volunteers to work with me. I'll put myself up for Secretary

but I need a Treasurer; Chairperson and one other. Probably only 2 or 3 meetings a year.

**Please volunteer by contacting me asap** (details on page 1).

**Training** – at 9.30 on Sunday mornings, usually from Abergavenny L.C. but I like to move it around the Beacons & Black Mountains as well. I publish venues every 3 months to keep it flexible and cater for people's preferences. No training on weekends when there's a race but feel free to do your own thing. During the next 3 months I'll include some basic map reading & mountain navigation especially for Ade Woods who did a complete 180 on top of the Sugar Loaf the other day!! If you'd like to include any particular venue or even lead us round your favourite route then just let me know.

### **Mid-Week Runs**

Watch this space and the website for news of any mid-week training runs. Several requests have been made so there may be news shortly.

**Races** – we have a number of club organised races:

5<sup>th</sup> June Hay Bluff

17<sup>th</sup> July Sugar Loaf

31<sup>st</sup> July Pen y Fan

Aug Table Mountain

24<sup>th</sup> Sept. Black Mountains

Please offer to help the organiser, it's always difficult trying to find helpers and the events rely on club support. Contact me if you can help out.

**Socials** – that's down to you.

**Events** – for example weekends away, long distance challenges, etc. again down to you.

**Club Champs** – The Club Championship Series for this year will be the five club races mentioned above plus:

Llanthony Show Hill Race Sat. 6<sup>th</sup> August 3.5m/1100'. Details in the Welsh Fixtures Calendar, on the website or contact Dick Finch 01291 627569. The best four scores from **any** of the six races to count. Awards for the following

categories for gents & ladies:

Seniors (18+)

Vets (40-50)

Super Vets (50+)

Based on age in the year rather than age on the day.

Well I think I'll stop there on this section, I did warn you that I could rabbit on!



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### **Fixture Calendar (April/May/June)**

SAT. APR 2. PEN CERRIG CALCH. AS. 2.00PM. 3m/1500' from Ty Mawr Farm, nr Llanbedr (GR 234206). South Wales Winter Hill Series. Details: Derek Thornley, Tel. 029 2089 1172.

SAT. APR 23. MOELWYN THREE PEAKS RACE. AM. 2.00pm. 10.5m/2800' from Football Field, Ysgol-y-Moelwyn (GR 695460). WELSH CHAMPIONSHIP COUNTER. £3 on day only. Teams free. ER/LK/NS. Over 18. Records: 1.14.39 J.McQueen 1999; f. 1.36.02 T.Ambler 2000. British and Welsh Championship counter. Junior races: U12/U14/U16/U18. Details: Robert Roberts, Maesgarnedd, Summerhill, Blaenau Ffestiniog, Gwynedd LL41 3EQ. Tel. 01766 831321.

SUN. APR 24. SARN HELEN. Road race 16.5 miles at Lampeter. Details: Lyn Rees, Tel. 01570 434244. Email rees.tanrhos@tiscali.co.uk

TUE. APR 26. PENTYRCH HILL RACE. BM. 7.00pm. 6.5m/1600' from Pentyrch Rugby Club (GR 100816). £5.50 on night only. PM. Over 18. Records: 44.26 C.Purt 2002; f. 50.54 R.Pickvance 2004. Details: John Gough, 45 Maes y Sarn, Pentyrch, Cardiff CF15 9QQ. Tel. 02920 891721. Email. johngoughpentyrch@btinternet.com Website: pentyrch.org.uk

MON. MAY 2. GREAT WELSH RUN. Road race 5 mile at Cardiff. Details: Susan Crossley, Tel. 01274 882898. Email events@cftrust.org.uk

TUES. MAY 10. ROSE INN SERIES (1). 7.30pm Road race 4 miles at Redwick off M4 J23A. Details: Syd Wheeler, Tel. 01594 530644.

WED. MAY 11. BRECON. Road race 3 miles at Brecon. Details: Terry Notman, Tel. 01656 772332.

SUN. MAY 15. WATERFRONT BARRY TY HAFEN. Road race 5km at Barry. Details: Sandie Grindley, Tel. 01446 739993. Email sandie@tyhafan.org

WED. MAY 25. BRECON. Road race 4 miles. Details: Terry Notman, Tel. 01656 772332

SAT. MAY 28. LLANGORSE LOOP. AM. 1.00pm. 5.5m/1900' from col between Mynydd Troed and Mynydd Llangorse (GR 161283). 50p on day only. PM. Over 16. Records: 42.03 C.Donnolly 1998; f. 50.03 A.Nixon 1998. Details: Dick Finch, 104 Maple Avenue, Chepstow, NP16 5RT. Tel. 01291 627569.

SAT. JUN 4. MERTHYR MAWR. Road or multi-terrain race 5km. Details: Steve Brace, Tel. 01633 416633

SUN. JUN 5. HAY BLUFF. AS. 11.00am. 4m/1292' from Stone Circle (GR 244366) on Hay on Wye to Capel-y-Ffin road. £3 on day only. NS/PM. Over 16. New race. Junior race 10.15am 1.5m/656', £1.50, 12 – 16 years. Details: Adrian Orringe, 6 Edinburgh Close, Greenmeadow, Cwmbran, Torfaen NP44 5HR. Tel. 01633 873577. Email. adrianandpat@orringe.freeserve.co.uk Website: mynydd-du.org.uk

WED. JUN 8. BRECON. Road race 5 miles. Details: Terry Notman, Tel. 01656 722332

SAT. JUN 11 / SUN. JUN 12. Welsh Castles Relay

TUE. JUN 14. ROSE INN SERIES (2). 7.30pm Road race 4 miles at Redwick off M4 J23A. Details: Styd Wheeler, Tel. 01594 530644

WED. JUN 15. COITY FELL RACE. BS. 7.30pm. 5m/1000' from the Whistle Inn, Garn yr Erw, Blaenavon (GR 229100). £2.50 on night only. PM/LK. Over 16. Records: 37.57 D.Lambeth 2001; f. 45.37 A.Jones 2001. Junior races if sufficient demand. Details: Gareth Buffett, Broadhurst, The Park, Blaenavon, Torfaen NP4 9AQ. Tel. 01495 791454. Email: rhodri@buffett.freeserve.co.uk

SUN. JUN 19. GREAT BRITAIN TEAM SELECTION RACE FOR EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIP. AM. From Llanberis. WELSH CHAMPIONSHIP COUNTER. Further information in 'The Fellrunner'. Details: Adrian Woods, Ty'r Mynydd, 7 Heol Coedcae Uchaf, Blaenafon, Torfaen, NP4 9JA. Tel. 01495 791754 Email: adrian.woods@virgin.net or Sarah Rowell, Email: saz@srowell.demon.co.uk

WED. JUN 22. MALLARDS PIKE. 7.30pm Forest trails 5 miles on B4431 between Blakeney on A48 and Parkend, Forest of Dean. Detail: Syd Wheeler, Tel. 01594 530644.

SAT. JUN 25. NANT-Y-MOCH SKYLINE. AL. 12.00 noon. 12.5m/3900' from Nany-y-moch reservoir dam (GR SN756863). ER/LK/NS. Pre-entry £3 or £5 on day. Over 18. Records: 1.50.25 J.McQueen 2000; f. 2.17.08 A.Brand-Barker 2002. Details: R.Wilson, Blaen-y-ddol, Pontrhydygroes, Ystrad Meurig SY25 6DS.

SUN. JUN 26. ABERDARE PARK. Road race / fun run 5 miles. Details: Anne Crimmings, Tel. 01685 876456

SUN. JUN 26. LLANELLI MILLENNIUM COAST. Road race 10km. Details: Tim Gasser, Tel. 01554 758036

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### **Training – Sunday Runs**

3<sup>rd</sup> April Abergavenny L.C. – Ysgyryd (Skirrid) Fawr & Sugar Loaf about 14 miles.

10<sup>th</sup> April Abergavenny L.C. – a fast 7 mile dash up & down Sugar Loaf race route.

17 <sup>th</sup> April	Abergavenny L.C. – a relaxed hours run route to be decided, in preparation for Moelwyn Race. <b>Followed by discussion on safety on the mountains and requirements for races.</b>
23 <sup>rd</sup> April (Sat)	Moelwyn Peaks Welsh Championship Race 10.5 miles/2800'
1 <sup>st</sup> May	Meet at col between Mynydd Troed and Mynydd Llangorse GR 161283 to recce Llangorse Loop and surrounding area. <b>Including basic map reading coaching.</b>
8 <sup>th</sup> May	I'm on holiday but no backsliding!
15 <sup>th</sup> May	- ditto -
22 <sup>nd</sup> May	Meet at Stone Circle, Hay on Wye to Capel y Ffin Road GR 244366 to recce Hay Bluff race and surrounding area.
28 <sup>th</sup> May (Sat)	Llangorse Loop Race 5.5 miles/1900'
5 <sup>th</sup> June	Hay Bluff Race 4 miles/1292'
12 <sup>th</sup> June	Meet at Cwm Llwhch, nr Brecon, the start of Pen y Fan race route GR 006245 to recce the route. <b>Including basic map and compass reading coaching.</b>
19 <sup>th</sup> June	Llanberis Uphill Welsh Championship Race
26 <sup>th</sup> June	Abergavenny L.C. – The Blorenge & Sugar Loaf about 13 m

### Race Results

(category winners and club members only)

#### **Llanthony 12.02.05** (48 competitors)

No race report from Dick Finch but I was stood on the sidelines with the flu and it looked horribly wet and muddy. Cold windy conditions and sleet showers weren't ideal. Then of course there was a detour by the leading group as they followed Dick, who was trying to finish marking the course. No serious harm done but it did affect the results.



1	Ifor Powell	Westbury	SM	39.31
3	Andrew Jones	Mynydd Du	SM	41.10
5	Simon Blease	Brycheiniog	MV40	41.12
15	Neil Lewis	Mynydd Du	SM	45.07
16	Steve Herrington	Hereford Couriers	MV50	45.17
17	Jessica Turnbull	Cheltenham Harriers	SF	45.34
25	Chris Betts	Mynydd Du	SM	50.38
26	Nigel Jones	Mynydd Du	MV50	50.50
29	Sue Ashton	Chepstow Harriers	FV50	51.40
30	Sharon Woods	Mynydd Du	FV40	52.20

### **Longmynd Valley 06.02.05 (166 competitors)**

Fine weather bringing good visibility though a little chilly on the open upland areas. This event continues to attract large numbers of runners and a quality field. Navigation can be tricky with a number of route options and true to form I found several 'new' routes that I'd not visited in previous years. Not that I lost too much time but it'd be a good club outing to recce it next year! The course is set in 'rolling hills' with the hard graft coming during the second half, the last three climbs (and particularly the last one) are draining to say the least. This year the muddy conditions caused several slips and falls but I don't think anyone was seriously injured though I did give the physio a laugh when he saw all the scrapes on my bum the following day. This was the first official outing for Mynydd Du – it was good to see the vests in action.

1	David Neill	Staffs Moorland	M40	1:45:50
5	Mike Bouldstridge	Mercia	SM	1:52:17
8	Chris Davies	Saddleworth Runners	M50	1:52:53
9	Crispin Flower	Mynydd Du	SM	1:53:24
25	Andrea Priestley	Ilkley	SL	2:01:40
38	Adrian Woods	Mynydd Du	M40	2:08:00
48	John Amies	Congleton Harriers	M60	2:13:37
52	Adrian Orringe	Mynydd Du	M50	2:15:27
71	Victoria Musgrove	Eryri	L40	2:22:39
78	Janet Hill	Springfield Striders	L50	3:04:32
109	Neil Lewis	Mynydd Du	SM	2:37:30
130	Sharon Woods	Mynydd Du	L40	2:51:47

### **Llanbedr to Blaenavon 19.03.05 (42 competitors)**

The leader for most of the race, Martin Humphreys, opened up a gap of over a minute on Crispin Flower at the summit of Crug Mawr, which he extended to 5 minutes at the summit of the Sugar Loaf. However, Crispin had him in sight on the long drag up the north face of the Blorengel that has caused so many spectacular bonks in the past. Making the mistake of not looking over his shoulder Martin lost the race as Crispin sprinted past literally in the last 20 yards, much to the latter's surprise.

A brilliant result for Mynydd Du, unfortunately not fully recognised on the day as the official results showed Crispin as 'another club whose name I cannot mention' and our newest member (what a catch for us!) no club listed. Remember to double-check the results and tell the organiser if it's wrong – team goodies are at stake.

1	Crispin Flower	Mynydd Du	SM	2-22-11
3	David Finn	Mynydd Du	SM	2-24-53
4	Dimitri Vorres	Griffithstown Harriers	V40	2-26-48
12	Adrian Orringe	Mynydd Du	V50	2-47-33
15	Jackie Lee	Eryri Harriers	SL	2-50-33
17	Victoria Musgrove	Eryri Harriers	L40	2-56-15
21	Neil Lewis	Mynydd Du	SM	3-03-46
23	Dick Finch	MDC	SVM	3-05-50
35	Sue Ashton	Chepstow Harriers	FSV	3-37-27